



U.S. NAVAL HOSPITAL YOKOSUKA

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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



SCREENING FOR COLON CANCER: IT'S THE RIGHT CHOICE

Of cancers that affect both men and women, colorectal cancer (colon) cancer is the #2 cause of cancer deaths in the U.S. But it doesn't have to be. Screening tests can find this cancer early, when treatment works best. 23 million Americans are not up-to-date on screening.



About 51,000 people die from colorectal cancer each year. Recommended screening could prevent at least 60% of these deaths! Screening can find polyps (abnormal growths) so they can be removed before turning into cancer. Screening should start at age 50 and continue until around age 75 for most men and women.

THERE'S MORE THAN ONE TEST. YOU HAVE A CHOICE!

- High-sensitivity fecal occult blood test (FOBT)-once a year. You do this test at home and send stool samples to a doctor's office or lab.
- Flexible sigmoidoscopy (every 5 years with FOBT every 3 years). The doctor looks for polyps or cancer in the rectum and lower third of the colon.
- Colonoscopy (every 10 years). The gold standard for screening. The doctor looks for polyps or cancer in the rectum and the entire colon.

Colon cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get screened! Speak to your primary care provider about colorectal cancer screening!

Please call Cental Appointments at 243-5352 or 046-816-5352 to schedule an appointment.